



'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Want a Challenge?

Dave Herron

This is much more challenging than it might appear at first glance! It is a great workout that can be tailored to individual needs, and you can adjust it to suit your condition or fitness level. It combines cardio and strength training, and is called *circuit training*.

Basically, it's quickly and briskly done calisthenics...*non-stop*.

Here's an example:

Running in Place for 30 seconds

Standard Pushups for 30 seconds

Crunches for 30 seconds

Mountain Climbers for 30 seconds

Jumping Jacks for 30 seconds

Reverse Crunches for 30 seconds

Squat Thrusts with Pushups for 20 seconds

Jumping Jacks for 20 seconds

Pushups/Hand Claps for 20 seconds

Alternate Crunches/Reverse Crunches for 20 seconds

Alternate Squat Thrusts/8 Count Mountain Climbers for 20 seconds

Jumping Jacks for 20 seconds

Repeat this sequence 3 more times (total of 4 sets).

For someone who is already in excellent condition, try increasing the time on each interval to 40(30), 45(35), 50(40) seconds, and eventually to one minute.

This is a workout that covers all the major muscle groups -- no equipment needed. You can do it inside or outside -- anywhere, anytime. Ideal if you're traveling and want to continue a regular fitness routine on the road!

On the Other Hand...

Pat Burk

What has worked for me is more of a 'slow and steady wins the race' approach. Well, okay, maybe I won't win the race, but at least I'm still in it! I've been able to continue with this "routine" for the past three years or so. For me, it's do-able.

I start with a short workout in the morning (between 15 and 30 minutes), mostly to loosen things up (the joints aren't what they used to be, you know). Later in the day I work out for anywhere from an hour to an hour and a half.

The thing is, it's often a start-and-stop kind of workout. I do not exercise straight through, beginning to end. I pause between sets and, somewhat, between reps. I read somewhere that you get more from your workout doing that. And, as I said, it works for me.

Not only do I pause briefly during my workouts, at times I come to a complete stop, do something else for awhile and then go back to working out. It may be a few minutes -- it may be longer. I wouldn't want to do this every time, but it allows me the freedom to get in some kind of exercise even when I can't devote a large block of time to it.

This eliminates (for the most part) the excuse of not exercising because I don't have enough time. Remember, doing *something* is better than making an excuse and doing *nothing*. How's that for profound?

Smart Strategy

Preparing for Post-Workout Hunger

Exercise can boost metabolism for a few hours, but burning more calories can increase your appetite. To avoid the munchies after exercising (and eating back the calories you just burned), try to schedule workouts so that you have a meal within an hour afterward. Or save part of an earlier meal to eat during that time.

Snacks combining carbs and protein -- like a fig bar and fat-free milk, or cantaloupe and yogurt -- are best to refuel muscles and keep you from feeling ravenous later on.

If you still feel hungry, wait 10 or 15 minutes before eating more to make sure you're physically, not just mentally, hungry.

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